

How to make the supervisor more inclusive in the supervisory process?

- **‘the supervisor is viewed as a neutral, objective observer of the supervisee and of the case material’ (Frawley-O-Dea and Sarnat, 2001, p. 17).**

## **Bi directionality of the relational unconscious**

- **It is through this process that the unconscious mind of the (m)other is transferred to the infant. This evidence of the ubiquity of the bi-directional unconscious, which had previously been understood intuitively, has stimulated creative discussions on the co-created and co-creative nature of interconnectedness and implicit relational knowing (Yontef, 1988; Benjamin, 2007; Tudor and Summers, 2014).**

**What happens when this bi directionality becomes messy in the supervisory relationship?**

- Ruptures and enactments

# **Enactments and Ruptures**

- **An enactment is the acting out, in the interpersonal field between therapist and client, of dissociated aspects of their psyches. Bromberg (1993) describes an enactment as a rupture in the therapeutic relationship which allows for dissociated material to emerge between therapist and client. Stuthridge (2012) views enactments in therapy as an opportunity “to discover the lost parts of oneself for both client and therapist”. Enactments are therefore a means by which unconscious material can emerge into the therapy.**

## **The Third**

- **(Gerson, 2004) refers to the creation of a triangular symbolic space**

## **Three categories of ‘the third’**

- **Developmental**
- **Cultural**
- **Relational**

## **Benjamin's view of 'the third'**

**Benjamin's view of the third is as “a quality or experience of intersubjective relatedness that has as its correlate a certain kind of mental space” (2004, p. 7).**



- **‘processes at work currently in the relationship between patient and therapist are often reflected in the relationship between therapist and supervisor’ (Searles, 1955, p. 135).**

- **‘How do we uncover unconscious processes in supervision?’ (2015, Hargaden).**

- 'The Art of Relational Supervision'

## **Use of Self**

- **Are you on a psychological journey of depth with your analyst/therapist?**
- **Have you met your demons?**
- **Can you be true and honest about yourself?**
- **Have you developed resilience to face rejection and criticism. - if not recognised in self cannot recognise in another so that self cannot be recognised cannot be known, unless known in self**

- **‘Group members will intuitively sense the leader’s psychological state, and it will be this which shapes the group culture.’ (Hargaden, 2015, p.32)**

## **Fives phases of the relational approach to supervision**

- **1. Therapist's presentation**
- **2. Group's feelings and emergent process**
- **3. reflections on feelings and process**
- **4. Theoretical perspectives**
- **5. Therapist's response to group**

## **Use of Balint Chair**

- **Presenter sits outside of the group making their own notes.**